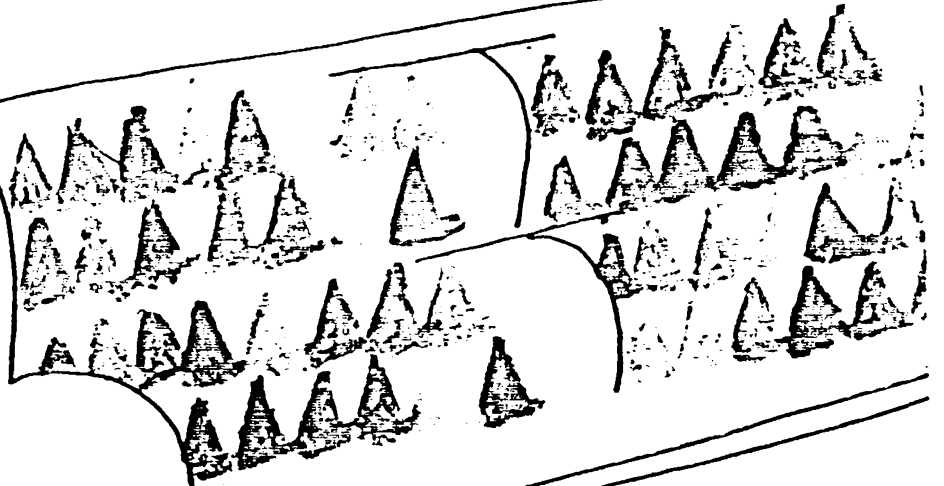


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MSCC MONITOR



VOL. 3 NO. 3

-APRIL 1981-

"HAPPY EASTER"

"HAPPY PASSOVER"

"HAPPY END OF SEMESTER"

-EDITOR-

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Bae Nelson
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EDITORIAL

ANXIETY

BY WOODY

EVERYONE'S EVERYDAY PROBLEM

Are you nervous, restless, losing sleep and irritable? Like most people today who experience these symptoms, you are most likely suffering from anxiety. This physiological as well as psychological response to stressful stimuli affects almost every person in the United States each day, in some way. Anxiety may be experienced in a number of ways; headaches, backaches, lack of concentration, chest and stomach pains, shortness of temper, lack of fully understanding another and superficial awareness.

Anxiety problems are directly related to tension. When any part of the body becomes tense and that tension is not relieved, it will surely cause any person some pain. It has been found in research that women may be more prone to anxiety than men because they learn to suppress their feelings at an early time in their lives. Although many people use the words stress and anxiety synonymously, there is a difference. Stress is considered to be primarily a physical response to a situation that disrupts one's daily life. Anxiety is an emotional response to real or imagined fear.

A small amount of anxiety in our lives is considered to be acceptable. It helps us to face the pressures of work and to cope with everyday situations. Of course, too much anxiety is both physically and mentally harmful. Most people are able to deal with the everyday stresses and strains of life and become stronger persons because of them.

Some people are more prone to anxiety than are others. This is because of their personalities and attitudes. The person who has a poor self-image is highly prone to anxiety. Others who are very susceptible to anxiety are those who take things too seriously, the perfectionists and the passive individuals who permit others to take advantage of them.

Anxiety is like a red light - telling us that something is wrong and needs our attention. A person should stop and determine the reason for certain feelings, try to get control over the situation - try to understand why it makes you anxious and most of all, find a way to deal with your anxiety.

Anxiety may be overcome in a number of ways; talking with a friend, a professional or even into a tape recorder is helpful, relaxing your mind and body through exercise, reading or even by doing something constructive. Anxiety can be uncomfortable but it can supply us with the needed energy to do a "good job." If it interferes with your personal relationships, family and work, or causes health problems, one should seek professional help. This is not an admission of failure but an intelligent decision showing that you are in control of yourself.

Letters To The Editor...

Dear Son,

Your paw has a job now. It's the first one he had in 48 years since we've been married. We are a little better off now, because we have so much money we don't know what to do with it.

Paw gets \$17.15 every Thursday, so we thought we ought to do something about fixing up the house. We went to sears and roebuck for one of them bathrooms you hear about people having in their houses, it took a right good plumber to put it in shape.

On one side of the bathroom is a great long thing like a pig trough, only you get in and wash all over. On the other side is a little thing they call a sink where you wash your face and hands, but over in the other corner is really something. This thing you put one foot in, wash it clean, then you pull a chain and get fresh water for the other foot.

Two lids come with the thing. We got no use for them in the bathroom, so I'm using one for a bread-dough board, the other lid has a hole in it, so we use it for a frame for grandpa's picture.

Sears and roebuck are real nice people to deal with. They sent us a roll of purty paper with the outfit. We can't write on it, very well, so I'm using it to wrap pa's lunch with.

Take care of youreself

Maw

You Aint Country !!!

GREAT NEWS!



CONGRATULATIONS

CONGRATULATIONS

CONGRATULATIONS

CONGRATULATIONS are in order for Maureen Curran who has won second place in the Archie Shields Freshman Writing Contest sponsored each year by the University of Alaska.

Anyone who has taken a freshmen English course in the past year or who is currently enrolled in a freshman English course on any of the University of Alaska or community college campuses is eligible to enter the Archie Shields contest.

Maureen submitted three of the essays she wrote for assignments in English 111 and one, "The Choice," won her the fifty dollar second place award. Last year Becky Bettridge, another Mat-Su Community College student, won second place for an essay she also wrote for Elizabeth Fallon's English 111 class.

THOUGHTS ON DECEMBER 8th AND MARCH 30th.

by Maureen Curran

I am empty-hearted
And empty-handed.

I have given it all away.
Looking back I wonder
Why I did it;
Perhaps it was the price
I had to pay -
The price for admission to the real
World - that place devoid of love
And peace;

A place where all that's real
Is steel -
And all that's good is hidden
Under
The crease in the sleeve of
The arm
That holds the gun.

PAR-CI, PAR-LA • SUCEOS WHAT'S HAPPENING

MSCC
STUDENT COUNCIL NEWS



COMMENCEMENT 1981

The following students will receive the degrees indicated at the 1981 commencement. The graduation will be held at Wasilla High School on May 8th, 1981, 7:30 p.m.

John Adams - Associate Degree-Sociology
William Asher, Jr. - Associate Degree-Electronic Technology
Lisa Bearden - Associate Degree-Social Science
Pauline Bendixen - Associate Degree-Accounting
Paul Borghals - Associate Degree-Business
Marilyn Crawford - Associate Degree-Social Science
Mike Dekreon - Associate Degree-Justice
Annie Demming - Associate Degree-English
Ronnie J. Dunn - Associate Degree-Accounting
Lucille Frey - Associate Degree-Business
Bobbie Massey - Associate Degree-Refrigeration & Heating
Cheryl Mitchell - Associate Degree-Social Science
Susan Motter - Associate Degree-Electronic Technology
Rae Nelson - Associate Degree-Social Science
Wallace Niles - Associate Degree-Professional Piloting
Clarissa O'Hanley - Associate Degree-Accounting
Carol Nash Reed - Associate Degree-English
Burr Snyder - Associate Degree-Refrigeration & Heating
Janice Tatlow - Associate Degree-Social Science
Patricia Turner - Associate Degree-Social Science
Joy Foster - Associate Degree-Business

* * * * *

NATIONAL DEAN'S LIST

The following persons were nominated to the National Dean's List at the end of the Fall 1980 semester:

LISA BEARDEN
ARLENE BOWMAN
MARILYN CRAWFORD
BOBBIE DEVORE
RUTH DISHNOW
ROSANA EPPLER
LOIS GORDON

MEG HICKEY
JEFF JORDAN
DAVID LEIER
MICHAEL MOORE
RAE NELSON
MICHAEL SULLIVAN
JANICE TATLOW

THE FARMING GAME

CAREER OUTLOOK

According to a U.S. Department of Agriculture report published in July, 1980, the need for college graduates in food and agriculture sciences will remain strong throughout the decade. The report concluded that the application of scientific principles to the complex problems associated with increasing agriculture productivity, food safety and nutritiousness, energy efficiency, and environmental quality, is critical to human survival.

Although only about 4% of the U.S. population actually produces food for the nation, a long chain of agribusiness is connected to the processing, distribution, and marketing of food products.

Bob LaPrad - College of Agriculture and Natural Resources Placement Coordinator, M.S.U., says that more than half of the agribusiness firms contacting his office are trying to fill sales positions. LaPrad says, "Graduates with an understanding of a technical subject related to agriculture and training in business and marketing will be in the best position to get jobs in the years ahead."

During the cause-oriented 70's, students jumped onto the environmental bandwagon and into college academic programs like fisheries and wildlife, which prepared them to make a career out of their commitment to clean air and water. During the last decade we have seen a considerable number of college graduates hired by government agencies to carry out programs that have produced some measurable positive effects on our natural resources, but I think future employment opportunities in the environmental fields have reached a plateau, and so has student interest, as they are becoming more career oriented.

Graduates in fisheries and wildlife, public affairs management and natural resources and environmental education programs can expect stiff competition for available positions in the next few years.

On a brighter side, we can look at the Agriculture Engineering field and see that rather than triggering a regression into an era in which human and animal labor must produce food, fossil fuel shortages will stimulate development of more new machinery aimed at energy conservation and alternative energy sources.

It looks like there is a new era of technology coming that will enhance output and efficiency of food processing and production systems as well as natural resources management.

The residential construction industry usually runs a second behind food processing in the U.S., and right here in our state of Alaska I think there will be a continued demand during this decade.

The student with a major in food systems economics and management is in demand throughout most of the U.S. This business-oriented major will most likely join grocery wholesale and retail companies, food processing companies, farm operations or financial and credit institutions. I see a growing demand here in Alaska, too.

Agriculture technology education provides technically trained employees. This job-oriented education usually finds workers going into fields closely

related to farm operations. Dairy farming, elevator and farm supply, horticulture, commercial floriculture and landscape nurseries are just a few.

Technical positions that provide services to farmers may include electrical technology for agriculture, power equipment technology, involving machine sales and repair, soil and chemical technology, with opportunities for specialization in soil fertilizer or pest management. Even turf grass management may see some demand here in Alaska before this decade ends.

The increase in government regulations has created a need for more researchers in the private and public employment sectors, and with the post World War II employees reaching retirement age, there will be new opportunities opening for graduates in many areas of the animal sciences, such as nutrition, breeding and genetics, poultry, beef, swine, or sheep production.

With the world population accelerating at the rate of two (2) persons-per-second, there is a staggering challenge for people concerned with food production.

The plant/soil cultivation system is the most productive existing source of food, but there are many challenges to enhance productivity and efficiency. Crop breeders will continue to develop new varieties, some which will be unlike the crops conventionally grown today. Right here in our own state of Alaska we are experiencing a revolution of producing food in presently uncultivated areas.

We are experiencing demand for food processing here in Alaska, and there will be increasing demand for specialists with knowledge of food laws and regulations, engineering and processing plant designs. The horticultural scientists are continually faced with a major challenge of breeding fruit and vegetable varieties which can withstand environmental stress, consistently producing higher yields. There will also be a need for research to satisfy the needs of the small grower with less mechanized operations and for the homeowner wanting landscape gardening assistance.

Remember that out of all the careers and opportunities around the world and in the State of Alaska, there is only one essential industry: FOOD.

Ted L. Berry, Jr.
Ag. Coordinator

For this is the journey that men make: to find themselves. If they fail in this, it doesn't matter much what else they find. Money, position, fame, many loves, revenge are all of little consequence, and when the tickets are collected at the end of the ride they are tossed into a bin marked FAILURE. But if a man happens to find himself--if he knows what he can be depended upon to do, the limits of his courage, the degree to which he can surrender his inner life to some woman, the secret reservoirs of his determination, the extent of his dedication, the depth of his feeling for beauty, his honest and unposterred goals--then he has found a mansion which he can inhabit with dignity all the days of his life.

--JAMES MICHENER, "The Fires of Spring"

COMING OUT PARTY

Coming out from the darkness
into the light of a brand new day
gonna see my way more clearly now
no longer will I cry.....
Know exactly where I'm going
gonna hold my head up high.....

Coming out from the silent hours
gonna sing my happy song
my sorrows are all behind me
I know where I belong.....

Coming out into the world
gonna make a new beginning,
wear a smile upon my face
gonna set my feet to dancing
happiness won't pass me by.

Come to my COMING OUT PARTY
help me celebrate
Join in the laughter,
bring a little cheer,
tell everybody
RAE'S COMING OUT THIS YEAR!!!!!!!

Rae Nelson

Life is one long process of getting tired.
(Butler-1835-1902)

Though we travel the world over to find
beauty, we must carry it with us or we find
it not...(Pascal-1623-61)

BEFORE I JUDGE MY NEIGHBOR, LET ME WALK A
MILE IN HIS MOCCASINS.(Sioux Proverb)

Disappointments are to the soul what a
thunderstorm is to the air.(Schiller-1759-180